

May 2023

RIDGE REPORTER



BRC & SRC Offices Closed Monday, May 29

Memorial Day is a time to remember and honor the military personnel who died in service for our country. As we spend time with friends and family on the holiday, let us remember those who have fallen so that we can live as free Americans.

IMPORTANT NOTICE!

We receive multiple calls each month regarding residents missing information or various items that were in their mail slot at the Community Center. Residents are reminded that the **resident mail slots in the Community Center are PRIVATE**. Do **NOT** look in or remove anything from another person's mail slot without the owner's express permission. Looking in/taking things out of another person's slot, or reading someone else's mail is an invasion of privacy.



In the war-torn battlefields of Europe, the common red field poppy (*Papaver rhoeas*) was one of the first plants to reappear. Its seeds scattered in the wind and sat dormant in the ground, only germinating when the ground was disturbed—as it was by the very brutal fighting of World War 1.

John McCrae, a Canadian soldier and physician, witnessed the war first-hand and was inspired to write the now-famous poem "In Flanders Fields" in 1915. He saw the poppies scattered throughout the battlefield surrounding his artillery position in Belgium.

The Symbol Spreads Abroad

The wearing of the poppy was traditionally done on Memorial Day in the United States, but the symbolism has evolved to encompass all veterans living and deceased, so poppies may be worn on Veterans' Day as well. Not long after the custom began, it was adopted by other Allied nations, including Canada, Australia, New Zealand, and the United Kingdom, where it is still popular today. In these countries, the poppy is worn on Remembrance Day (November 11).

Today, poppies are not only a symbol of loss of life, but also of recovery and new life, especially in support of the servicemen who survived the war but suffered from physical and psychological injuries long after it ended.

“Oxygen In Use”

If you are using oxygen in your home, for the safety of emergency personnel, please display the “Oxygen In Use” sign in your front window or door. If you do not have a sign, you can pick one up at the Community Center in the Salon area.

Contacting the Office

Between scheduling tours, signing up for an event, general information or placing work orders, as you can imagine, our phones are ringing quite frequently. We are asking for your patience and cooperation. If no one answers your call, rather than hanging up and dialing back immediately, we ask that you leave a detailed message instead. We will then return your call.

Safety Issue – Approaching Staff

While we pride ourselves on having a friendly and approachable staff, safety is our priority. We ask that you please avoid approaching staff members or contractors while they are working. There have been numerous cases when workers were not aware of a resident approaching them and “near misses” occurred.

Items for Maintenance and Landscaping

Many times our staff is approached with maintenance or landscaping items that need to be addressed while they are completing other tasks. While we would like to handle the issue right away, our policy is for you to call the office to report these items. Your issue is logged into our database which allows for proper staff assignment and tracking the status.

Security Systems

If you have installed any type of security system in your home, please notify the office. Residents who have a security system will automatically be put on our Do Not Enter list and will need to be home for work orders to be completed.

Away From Home

Residents are asked to inform the office when they will be away for more than 24 hours. Give us a call at the office to let us know when you will be away, and we will make a note of it on our calendar. If you go away for an extended period of time, it is important to notify us so that we can perform regular maintenance checks (e.g., leaks, chirping, smoke detectors, HVAC working properly) on your home while you are away.

Trash & Recycle Policy

SRC has trash collection twice a week. All trash must be placed in bags to avoid leaks and spills. Place trash bags at the end of your front sidewalks (or outside your hallway door in the 2nd floor Garden Apartments) on Tuesday and Friday mornings by **8:00 AM**.

We recycle on Friday mornings ONLY. Please DO NOT recycle any plant clippings or leaves (*just place in a pile along side the trash*), styrofoam, plastic bags, pizza boxes or any other product contaminated with grease. Remember to remove lids and rinse out containers before putting them in your recycle bin.

Should you need to dispose of something between scheduled days, there are dumpsters & recycle bins located behind the SRC Community Center & by the Garden Apartments.

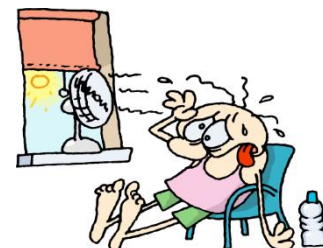
Vents

For warmer weather and to maximize your A/C efficiency, leave the top vents open to draw the hot air out and bottom vents closed. Remember – these vents are for air circulation – they are NOT the actual heating or cooling vents. Should you require assistance in changing your vents, please contact the Office.

Air Conditioners

As days get warmer, you may need to turn on your air conditioner. We suggest you turn it on prior to the arrival of hot weather to ensure the system will work properly when you really need it.

The air units run more efficiently if you turn the unit on the day prior to a hot day. This will eliminate the need for the air conditioner to work harder to decrease the temperature when it is very warm inside your home. It is recommended that you keep it on until the next cool day or run the thermostat at a comfortable setting all summer.



If you believe your air conditioner is not operating properly, please call the office to have it serviced.

Pesky Pests

If you have noticed ants in your home, we suggest you keep a can of insect spray of your own to address any “normal” insect issues. As a courtesy, we do occasionally treat around the homes. By law, there is only a certain strength insecticide that can be used by anyone who is not a licensed exterminator.

If you have tried your own spray and SRC has treated around your home and you still have a pest problem, we recommend you call Moyer Indoor/Outdoor Services (215-799-2010) or Hyres Pest Control (610-385-6948) at that point in time.

SRC is responsible to ensure your home is not infested with **termites, carpenter ants and carpenter bees**. In those cases, SRC will take the necessary steps to rid your home of these specific insects.

Social Awareness Reminder

In today's age with advanced technology, we often forget that a conversation or music playing on a cell phone can be heard by all. Please be courteous and mindful of those around you.

Also be aware that if you see someone "talking to themselves" they probably have a piece of advanced technology (ear buds or a Bluetooth device) and may actually be talking to someone on the phone or singing to music.



Attention Veterans!



Have you or your spouse served in our armed forces? We are grateful to all of our residents who devoted their lives to the service of our country.

We have an Honor Wall within the SRC Dining Room to remember and honor those who served.

Let us know who you are! If you or your spouse served in the Army, the Marines, the Navy, the Air Force, the US Coast Guard, or the National Guard, please fill out one of the forms located near the display. Please include a photo with the completed form when you return it to the office.



Water Aerobics at Sanatoga Swim Club

Watch the June Ridge Reporter for more information.

Back This Year – Donna's Produce!

Donna's Produce will be back this year. Starting around Memorial Day, she will be in the "N" Court pavilion on Monday mornings from 8:30 to 9:30 AM. Contact Nancy for more information.

UPCOMING PUBLIC EVENTS

Watch Ridge Reporters for More Information

June 1 & 15	Circle of Support at BRC McMenamin Rec Center
June 2	Supporting Someone with Dementia
June 7 & 14	Parkinson's 101
June 8	Brown Bag History: The Revolutionary War/The Conflict Ignites: Lexington & Concord
June 13	Lunch & Learn: Home Health Care Panel
June 15	Find Your Fitness Factors with Fox Rehab
June 15	Girls' Night Out
June 19 & 20	AARP Smart Driver Class
June 23	BINGO

Happy Birthday!

- 3 - Roberta
Lauren
- 6 - Linda
- 11 - Ruth
- 12 - Kenneth
- 14 - Linda
- 17 - Shirley
- 22 - Robert
- 23 - Elbert
Dave
- 25 - Mary
- 28 - Harry
- 29 - Pat
- 30 - Pat
Bunny



Happy Anniversary!

- 1 - Michael & Kathryn
- 9 - Joe & Kathy
- 11 - Carl & Mae
- 20 - Dennis & Barbara
- 23 - Elbert & Pat
- 26 - John & Barbara



HAPPY MOTHER'S DAY!

Sunday, May 14 is Mother's Day.
Wishing you all the love and
happiness you so richly deserve!



Welcome To The Neighborhood!

We'd like to extend a warm welcome to our newest residents!
Please stop by and introduce yourself.

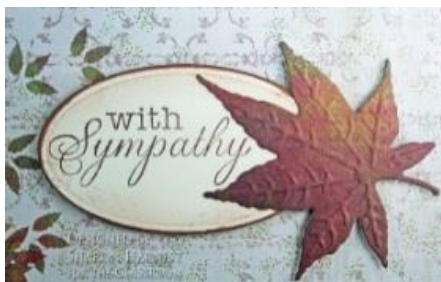
Gail & David
from Spring City, PA



*Our thoughts and prayers are with the family
at this difficult time.*

Larry,

Resident since April 2013.



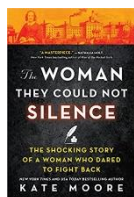
Resident Committee Meeting

Monday, May 1 at 9:30 AM in the SRC Auditorium.

WISE (Wellness Initiative for Senior Education)

Monday, May 1 at 1 PM to 3 PM (6 Mondays)

Brought to you by our favorite instructors of Montgomery County Office of Senior Services, the WISE Program is a wellness and prevention program targeting older adults, designed to help them celebrate healthy aging, make healthy lifestyle choices and avoid substance abuse. It provides valuable educational services on topics including medication misuse and management, stress management, and depression. Created by NJPN and implemented locally by prevention agencies across the country, WISE promotes health through education concerning high-risk behaviors in older adults. Participants are educated through interactive exercises that include small group discussion and projects, and given tools and resources to take home. Class meets Mondays, May 1 - June 12 from 1-3 PM. No class on Memorial Day (Monday, May 29). Class limited to 18. **We have opened this one to the public as we have lots of spaces left! Check with your friends outside the community to see if they'd like to join us!**



May 1

Book Club

1st Monday at 2 PM

- May 1 “The Woman They Could Not Silence” by Kate Moore
- June 5 “Orphan Train” by Christina Baker Kline
- July 3 “Wish You Were Here” by Jodi Picoult

Contact Jeanette for more information.

The Brain Series Part 2: Understanding the Different Stages of Alzheimer's & Dementia

Friday, May 5 at 1 PM

Even if you missed Part 1: An Overview of Dementia, join us for this fascinating presentation by Jessica Speroff of Senior Helpers. Using the Senior Gems Quick Reference Guide developed by Teepa Snow and Senior Helpers, Jessica discusses the 6 different stages of Alzheimer's and dementia and the defining characteristics of each stage. Understanding these characteristics will set the stage for Jessica's next presentation on Friday, June 2, Supporting Someone with Dementia: Techniques and Strategies. Open to the public. **RSVP by Thursday, May 4.**

Keeping Busy

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Monthly Friday Night Social

Friday, May 5 at 6 PM

The Monthly Friday Night Socials are finally here!!

Come join us on Friday, May 5, the first Friday Night of the month, at 6 PM in the 2nd floor Club Room to discover what is new & enjoyable in the Pottstown area & beyond!!

Meet up with your neighbors and find out what makes this area the place to be. Music always available and you will know all the words!! We will play interactive games to get to know one another. Absolutely just plain fun!!

Bring a snack to share if you like!!



Spring is Here! SRC Singers Spring Concert

Sunday, May 7 at 3 PM

Come celebrate with the SRC Singers on Sunday, May 7 at 3 PM in the Auditorium. Singing along is encouraged to all the songs you know and love! From Ball Game to Disney and all the fun of summer holidays. Free refreshments too! See you there!



Pottstown FARM

Tuesday, May 9 at 10:30 AM

Pottstown FARM started with a group of willing community members back in 2014. Over the years, Pottstown FARM has grown to more than 25 current vendors and over 500 visitors each week!

In 2020, they became their own 501C-3 with an all-female board. They rely on grants and sponsorships to thrive and support their programs.

They look forward to meeting you and introducing you to the FARM! Please join us to learn more about their history and programs which include the Two Bite Club, SNAP incentives, and Operation 143. They will also let you know how you can volunteer and earn FARM coins! **RSVP to the office by Monday, May 8.**

Exercise Class: Tai Chi for Arthritis

Tuesday, May 9 at 1 PM

This class is now full. Tai Chi will also be offered again in the fall.

Wildflower Walk at SRC

Wednesday, May 10 at 10 AM

Walk about SRC and see what's in bloom. Meet at the garden shed behind the "G" Court. Wear sturdy shoes –much of the walk will be across grass.



Lunch Bunch

Vincenzo's Italian Restaurant

Friday, May 12 at 11:30 AM

*If you are paying by cash at the restaurant,
please bring smaller bills/change.*

The SRC Bus will be available for \$3 per person (for the driver) due at sign-up.

The bus and carpool will leave Berean Bible Church Parking lot at 11 AM.

RSVP by Wednesday, May 10.

Entertainment – Spring Street Songsters

Friday, May 12 at 4 PM

The Spring Street Songsters - under the direction of Robin Ward - are a lively group of “seasoned” citizens who perform familiar music from the 20s through the 70s.

The chorus has been entertaining audiences for the past 18 years.

Join us for pizza afterwards in dining room!

\$2.00 per slice for plain, \$2.50 for pepperoni or sausage. Water will be available or bring your own beverage!! **RSVP by Wednesday, May 10.**

Outsmart the Scammers

Tuesday, May 16 at 10 AM

Seniors are unfortunately often targets of scammers! Learn ways to recognize red flags, indicating fraudulent encounters and scams for your money. Hosted by Bonnie Thompson of Edward Jones Financial, this seminar provides valuable information you need to know, as well as resources you can turn to in the event you are targeted, and steps you can take now to protect yourself. **RSVP by Monday, May 15.**



Great News – Mark Your Calendars!

Friday, May 19 at 2 PM

Did someone say, ***ICE CREAM?***

Mr. Softee will be returning to SRC on the **third Friday of each month** throughout the summer **starting on Friday, May 19**. Come out to the SRC Community Center parking lot and enjoy some of the many treats they offer! Invite your friends and family!

Keeping Busy

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Women, Widows, and Widowers Financial Workshop ***Saturday, May 20 at 8:30 AM – 12:00 PM***

Open to all Seniors, this series of workshops helps you make decisions on the best way to use and keep your money. Bring a friend! Hosted by 41 Days and Edward Jones Financial.

RSVP by Monday, May 15 for one seminar or all three.

- 8:30 AM Check in and Welcome
- 9:00 AM *Dumping Debt*: Take control of your income and discover simple ways to dig out from a pile of debt.
- 10:00 AM *Tell Your Money What to Do*: Discover ways to create a cash flow plan you can live with and stick to!
- 11:00 AM *Making Your Money Last*: Learn ways to plan for and reach your retirement goals.

The Brain Series Part 3: Strategies for Supporting Someone with Alzheimer's & Dementia ***Friday, June 2 at 1 PM***

Using the Senior Gems Quick Reference Guide developed by Teepa Snow and Senior Helpers, Jessica Speroff discusses easy to apply techniques and strategies to help make the days smoother for your loved one with dementia and you. Also discussed are additional resources, evaluations, and levels of care available to your family. Open to the public. **RSVP by Thursday, June 1.**

Parkinson's 101 ***Wednesdays, June 7 & June 14 at 11 AM***

Bryan Fioriglio of Family Caregivers Network presents a two-part educational series on Parkinson's Disease. Part 1 will discuss what Parkinson's is, the early onset and late symptoms of the disease, how it is diagnosed, its genetic component, and why family health history is important. Also discussed are the latest treatments and clinical trials, and how individuals and family members can participate in them. You will leave with tips on how to manage its long term effects and maintain a positive quality of life. Part 2 highlights the importance of exercise therapy and activities as part of the treatment plan. We discuss the LSVT Big and Loud program and its benefits over regular therapy, and why all Parkinson's individuals should participate in an outpatient program. Resources on local outpatient programs are provided. Other resources promoting activity and exercise important to the treatment plan such as Dance for Parkinson's and Rock Steady are also shared. Open to the public. **RSVP by Tuesday, June 6.**

***Brown Bag History:
“The Revolutionary War: The Conflict Ignites
at Lexington and Concord”
Thursday, June 8 at 12 Noon***

Bring your lunch and learn about history! Historian Michael Jesberger, who brought us the presentation on the Legend of Sleepy Hollow, presents a new lunch and learn series running June through November. Bring your lunch along and enjoy his historical presentations & slide shows while eating. Join other history buffs and meet a few new friends! Mark your calendar for the next dates in the series: July 13, August 3, September 14, October 12, and November 9. Open to the public. **RSVP by Tuesday, June 6.**

***Home Health Care Panel:
Navigating the Different Levels of Senior Care
Tuesday, June 13 at 11 AM to 1 PM (Lunch and Learn)***

While you are healthy and unrushed, now is the time to learn about in-home medical and non-medical services available, as well as local communities which offer a higher level of care. Don't wait until you or your loved one have a stroke or a bad fall to explore the many levels of care available nearby! Presenters include Chestnut Knoll (Assisted Living), Chestnut Knoll at Home (Private Duty Nursing at Home) Fox Rehabilitation (Rehab at Home: OT/PT/SLP), Accent Care Inc. (Skilled Nursing at Home), and Encompass Health (Post-Hospital Intensive Inpatient Care). You will leave with a wealth of information, addresses, contact names of resources used by our own residents, and feeling reassured about who to turn to if a higher level of home health care is needed. Open to the public. **Must RSVP by Tuesday, June 6 (catered lunch included).**

***SRC Resident Picnic
Wednesday, June 28 at 12:30 PM***



- Celebrate the Red, White, and Blue with us!
- All residents who paid their 2023 Resident dues are invited to attend the annual SRC Resident Picnic on Wednesday, June 28 at 12:30 PM.
- The picnic is being held at the Berean Bible Church Fellowship Hall.
- We will enjoy a delicious picnic lunch together!
- Registration begins at 12:30 PM. Meal begins @ 1:30 PM.
- Sign ups will be out at the Resident Committee meeting on Monday, June 5 to help with various tasks and/or bring a dessert.

RSVP A MUST BY THE DEADLINE – NO EXCEPTIONS

RSVP deadline: Friday, June 9

- Sign up to attend and get your ticket at the office.
- Be sure to bring your ticket with you for admission.



Keeping Busy

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Words on Wheels

Book Mobile

2nd Monday at 10 AM

Book Club

1st Monday at 2 PM

Dining Room

Friday Night Social

1st Friday at 6 PM

Club Room

Dominoes

Mondays at 6 PM

Club Room

Bible Study

2nd Monday at 2 PM

Dining Room

Circle of Support

1st & 3rd Thursdays at 11 AM

BRC McMenamin Rec Center

Pickleball

Wednesdays at 5:30 PM

Fridays at 9 AM

Sanatoga Swim Club

Walk with Us

Tuesdays & Wednesdays at 1 PM

Community Center Flagpole

Yoga

Chair – Tuesdays at 3:30 PM

Floor – Wednesdays at 9:30 AM

Auditorium



SRC Singers

Thursdays at 3:30 PM

Auditorium

Hooks and Needles

1st Tuesday at 2 PM

Game Room



Vietnam Veterans

1st Tuesday at 7 PM - Dining Room

Wii Bowling

3rd Wednesday at 2 PM - Club Room



American Legion

4th Thursday at 7 PM - Dining Room

Coffee Hour (and Tea too!)

Thursdays at 9:30 AM – Dining Room



Pinochle

Thursdays at 2 PM – Dining Room

LEGEND FOR AMOUNT OF WALKING

1 Little
Walking

1111 Plenty of
Walking

- Sign up with the Office
- RSVP by deadline
- Limited seating
- At least 10 participants needed for SRC Bus trip
- **Payment is due at time of sign up and is by Check Only (Payable to SRC)**

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Thursday – May 18 – Brandywine Museum of Art

We will take a 1-hour guided tour through the museum, which is located in a renovated 1864 gristmill on the banks of the Brandywine River. The museum houses an extensive collection of works by the internationally acclaimed “Wyeth Family”.

A boxed lunch is included and may be eaten in the Millstone Café, located at the Museum. Lunch includes Sandwich choice that day (listed below) plus chips, clementine, apple or banana, chocolate chip cookie, iced tea or lemonade:

- Chicken salad w/mixed greens on croissant
- Turkey & pepper jack cheese on sourdough w/honey mustard, arugula
- Black forest ham & muenster cheese on sesame wheat w/wholegrain mustard & mixed greens

RSVP to the Office by Wednesday, May 10.

LEAVE BEREAN PARKING LOT: 9:30 AM

Cost: \$39

New Hanover AARP Trips

Checks Payable to:
“New Hanover AARP”

Details posted on the Library Bulletin Board.
RSVP to Carol Griffith (484-624-8314)

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Tuesday – May 30 – Totem Pole Playhouse

“Honky Tonk Angels”

Start the day off nicely with an included family style lunch at ...

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Thursday – June 22 – Bube’s Brewery

“Murder Mystery Show”

This is the type of Victorian home that you would expect a murder mystery to take place ...

RSVP to Carol Griffith by Monday, May 1

LEAVE BEREAN BIBLE CHURCH: 11:15 AM

Cost: \$127.00



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Thursday – July 20 – River Queen Sightseeing Cruise

Step aboard the famed River Queen and set sail along the open waters. ...

RSVP to Carol Griffith by Thursday, June 1

LEAVE BEREAN BIBLE CHURCH: 9:30 AM

Cost: \$125.00

Save the date:

Thursday, August 24 – Magic & Wonder Theatre